

Be a part of the 4th Annual
Marathon
ultra-mini Triathlon



Our unique triathlon offers two tracks of participation; the ultra-mini triathlon and the traditional short triathlon.

The ultra -mini distance is set up for families, beginners, teams, supporters of Saul and FNMS, and those wanting to say they completed a triathlon.

The traditional distance is set up for those wanting a more challenging opportunity, supporters of Saul and FNMS.

Racers begin in a heated pool completing 1/8 mile or 1/4 mile swim. Next, racers move to the 3 mile or 20k bike ride around the Marathon City greater area and finish with a 1/2 mile or 5K run.

100% of money raised goes the Foundation for Nager and Miller Syndromes. Saul Beranek, a Marathon City 4 year old, is the inspiration for this event and has from Nager Syndrome.

*More information about FNMS
www.fnms.net*

4th Annual



**Marathon
ultra-mini
TRIATHLON**



Saturday, June 6, 2009

Registration begins at 7:00 AM at
Veterans Park, Marathon, WI

Athlete Division	Family/Novice Division
Swim 1/4 mile	Swim 1/8 mile
Bike 20 K	Bike 3 mile
Run 5K	Run 1/2 mile
Race begins at 8:00 AM	Race begins at 9:00 AM

About FNMS and Saul Beranek



Nager and Miller Syndromes are two very rare conditions. Characteristics of the syndromes include craniofacial and arm/hand differences. Craniofacial traits can include cleft palate, malformation of the eye socket, downward slanting eyes, underdeveloped cheek bones, underdeveloped lower jaw, misshapen and missing teeth, orthodontic issues, very narrow or non-existent ear canals, and low-set ears. The arms of people affected by the syndromes are often short in the forearm, sometimes curved, and often have fused bones in the forearm, making rotation of the forearm impossible. Their hands are typically missing thumbs and sometimes fingers, or with underdeveloped thumbs, or, in Saul's case, with 5 fingers and no thumbs on each hand. Underdeveloped shoulders are occasionally noted as well.

As you can imagine, these birth defects can make life very challenging. The facial differences cause problems with breathing, eating, speaking, and hearing. The hand and arm problems make daily tasks difficult, and sometimes impossible. Children born with Nager or Miller Syndrome are faced with surgeries, procedures, and multiple therapies throughout childhood, and often into adulthood.

Saul has been mildly affected by Nager Syndrome. He has undergone 6 surgeries to lengthen his lower jaw, make his hands more useful, and to help his hearing. He has been in physical therapy since birth, and occupational therapy since his first hand surgery in 2005. He started speech therapy in 2007 at MAES. Compared to many kids with Nager Syndrome, Saul has an easy life.

FNMS is an unbelievable resource for families coping with these syndromes. We feel strongly about helping out this small, but mighty, organization so it will be available to all the new families who are hearing that their child has one of these conditions. Thank you for supporting FNMS! You are making a difference to some wonderful families.

Entry Form

Last Name _____

First Name _____

Address _____

City, State, Zip _____

Phone _____ Age _____

*Family members under 18 years old must have a signed waiver by their parents and provide emergency contact information.

Please check one:

Individual Team Family

Team Name: _____

*Each member of the team must send in signed entry form.

*Participants under 14 years old must be accompanied by an adult/parent and contact information must be provided

* All participants must obey laws, common cycling rules and wear bicycling helmets.

I hereby, for myself or child, and heirs, executors, and administrators, waive and release all rights and claims and agree to indemnity and hold harmless for damages I may have against Dave and Lara Beranek and FNMS and/or their agents, representatives, successors, and assigns for any and all injuries or personal property damage either caused or suffered by me or my child in connection with any participation in this event. I understand and assume all dangers, hazards, perils, and risks associated with this experience and waive all claims or causes of action arising from my or my child's participation and do hereby release Dave and Lara Beranek and FNMS and/or their agents, representatives, successors, and assigns from liability for any injuries, illnesses or property damage student might sustain during the course of or in connection with his/her participation in this program. I certify that myself or child, heirs, executors, and administrators are covered by health and accident insurance. I authorize the supervising adult(s) to consent to emergency medical treatment for participant or child in the event such consent is in the participant's or child's best interest. I understand that reasonable steps will be made to contact me prior to exercising authority under this express consent. I agree that _____ ("participant or child") will conduct himself/herself in compliance with the safety rules of conduct relating to the ultra-mini triathlon and will comply with the directives and expectations of the supervisor/coordinator of the program. In the event that participant or child fails to abide by these rules and directives, participant or child may be dismissed from the event/program.

Name/signature of participant

Date

Emergency contact phone number

Signature of parent/legal guardian for release for above participant if under 18 years old.

Please circle shirt size:

Adult:
Small
Medium
Large
XL
2X

Youth:
Small 6/8
Medium 10/12
Large 14/16

All participants who enter prior to Friday May 22, 2009 are guaranteed a t-shirt. Athlete Division space limited to the first 48 registered.

Entry Fees:

Individual \$30-Athlete Team \$60 Family \$40
\$20-Novice

* Checks should be made out to FNMS

Detach and mail entry forms and donation to Lara Beranek

1009 East Street, Marathon, WI 54448